



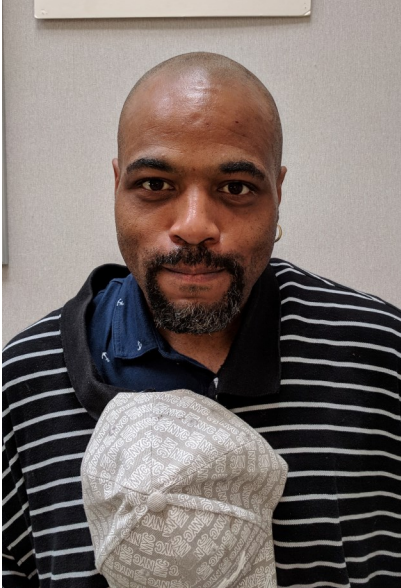
**CIRCLE CITY  
CLUBHOUSE**  
RECOVERING LIFE TOGETHER

# NEWSLETTER

**Publication #349 July, 2019**

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## **New Member Spotlight: Jonte**



**What are your Hobbies?**

**-Working and Recess.**

**What were you doing before you came to Clubhouse?**

**-Trying to get my body back together and reintegrated into society.**

**How did you find out about Clubhouse?**

**-I found out about Clubhouse through my manager at the group home I'm living at.**

**What do you like about Clubhouse?**

**-I enjoy the open opportunities it presents. For Jobs, computer literacy, working with my hands. A constant chance for learning.**

**Why should others come to Clubhouse?**

**-It's a new environment to learn. It's a stress free place to come to when you need to escape life's problems.**

## **About Employment (Should We Or Shouldn't We)**

**by Jim C.**

**Is it a good idea to tell a future employer that you are disabled? I think that it is better not tell the employer that you are disabled. In my opinion, a person with a mental illness will be written off. There are plenty of people out there, but this can be a cruel world. I'm not saying that all people are cruel, but why give them a weapon if they are against people with a mental illness. I have worked in retail for 21 years. I got the feeling that I would not have received the job at Hill's or Target if I would have told those employers that I had a mental illness. It's for the applicants to decide.**

**This article is from the heart. It is for the people reading this article to ponder. Make up your own mind and I hope you get a job and that the employer is kind to you. You are in my prayers and thoughts.**



## Remembering Tiny Tot

Clubhouse remembers one of our fallen comrades:

Lindsay says she had a bright smile and a wonderful personality

John Johnson- she was a sweet girl always had a smile on her face.

Steadmon- she had a bright smile

Meggan -Tater tot that was my girl. When she would say something under her breathe she'd laugh and you have to laugh with her

Carl- You were the light in the clubhouse. Now that you are visiting God and the Holy Angels. You see perfect happiness full of joy. We will miss you here not there. See you again soon Tiny Tot.

Marissa- she had an infectious laughter it was always good to see her smile

Jolly- We miss you

Jim C- I wasn't able to make it to her viewing. She was a good friend to Eric and Jim C. She had a kind heart and she will be sorely missed

Nathan- We will miss you very much.

Chuck- Funny and a good friend.

Sevella- She was a quiet soul, and she will be missed



## Coffee Changes

Starting July 1, 2019, we will no longer be serving free coffee because of the cost. Members at the house meeting on June 5, 2019 made an almost unanimous decision in deciding that we were losing too much money to keep giving the coffee to members for free. The coffee will be sold in the snack shop and the price of the coffee will be 25 cents a cup with 5 cents for each one packet of sugar, (coffee cream will be free).

## Our Visit to Carriage House in Ft. Wayne

by John and Peter



John and I arrived at Ft. Wayne after 5:00 p.m Wednesday June 5th. We did not have an opportunity to do anything at Carriage house that day. We decided to go out to Texas Roadhouse and spent our evening relaxing at Chad's House. The following day on Wednesday, June 5, 2019 we started our day at Carriage House and were introduced to the two units, ROK and LOFT. ROK is reception, orientation, and kitchen. LOFT is upstairs but doesn't stand for anything. John and I chose to help in the kitchen. John did dishes with their very cool dishes sink/sanitizing machine. I helped make sandwiches and wraps and serve up the hot

dish. They offered build your own sandwiches and wraps and leftover meatloaf and potatoes and asparagus. Carriage House has unit meetings in the afternoon around 1 p.m. We attended the employment meeting around 2 p.m. and got some very valuable information on getting T.E.'s (transitional employment) and where to look. Tom, a generalist there, had some incredible resources and passion for getting and keeping T.E.'s. After that we went directly to speaker's bureau and John impressed them all with his experience. No one could believe he did a solo speaking event.

On Thursday, John and I got to work helping downstairs again. I cleaned the restrooms and John helped cook lunch. Then we went upstairs to see how we could help. John and I found we were able to be most helpful in the loft kitchen. I did dishes and John figured out where they all went. We also both helped clean the dehydrator. The dehydrator is used for making beef jerky and fruit and veg snacks.

There community support was simply a sheet passed around and discussed. No formal questions were asked just ice breakers. Announcements are general and off the top of heads. Their outreach needs were called on at morning meeting. Employment/Education shout outs were done as well as announcements, address, and phone number updates. They also discussed about getting a green house by July. Standard number five was discussed and notes were done for Medicaid. Units split after morning meetings and sign up occurs after. All in all the trip was very educational and informative.

Anyone can go on a trip! It just takes a willingness to get involved. The more you get involved, the more you can offer your Clubhouse!

## Circle City Clubhouse – Accreditation Visit

From Monday, July 8th through Wednesday, July 10th, Circle City Clubhouse will be hosting an accreditation team from Clubhouse International. Jason Woody, from B'More Clubhouse in Baltimore, MD and Nanne Barkdull, from Elkhart County Clubhouse in Goshen, IN will be visiting us to check out what all were are doing at Circle City Clubhouse and give us their feedback.



At least every three years, we undergo an accreditation visit from Clubhouse International, both to ensure that we are operating in accordance with the Clubhouse International Standards and to identify areas in which we can improve and grow as we move forward.

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On Wednesday, July 10th at 11:00 a.m., Jason and Nanne will be presenting their preliminary findings from their visit at Circle City Clubhouse. We will follow that presentation with a lunch to celebrate the completion of our second accreditation visit. We would love to have as many Clubhouse members as possible attend for the findings presentation and lunch, and would love to have those of you who support Circle City Clubhouse attend as well. For non-clubhouse members, please RSVP by emailing us at [info@centralindianaclubhouse.org](mailto:info@centralindianaclubhouse.org) so that we have enough space for you. Hope to see you all then.

### Coming Soon: Opinion articles and Editorial Response

The Circle City Clubhouse newsletter committee is happy to announce that we will be publishing and printing submissions from members that are opinion based. While they may not reflect the opinion of Clubhouse newsletter editors nor the views of Circle City Clubhouse as a whole, we welcome and consider equally all submissions for publication. The editors will provide responses to opinion articles as necessary. Please feel free to submit articles about any subject of interest to you to: [Info@centralindianaclubhouse.org](mailto:Info@centralindianaclubhouse.org) or by mail to Circle City Clubhouse attn: Newsletter Committee, 4141 Office Plaza Blvd. Indianapolis, IN 46254.



## Meet Me At Clubhouse

**This is our second year doing Meet Me at the Clubhouse and we want to ask you to come to see what we do at the Clubhouse. Feel free to bring friends or family with you. We will only take up one hour of your time. I hope we see you at the Clubhouse soon! Here are the upcoming dates through August 2019:**

**July 10<sup>th</sup>: 8:00-9:00 AM**

**July 24<sup>th</sup>: 4:00-5:00 PM**

**August 14<sup>th</sup>: 12:00-1:00 PM**

**August 28<sup>th</sup>: 4:00-5:00 PM**



## H.E.A.L Updates

The H.E.A.L. Unit has implemented some new policies.

As of June 17th, we started allowing servers/cashiers to eat first. This means that if you are helping with the preparation or selling of lunch you get to eat 1/2 hour before lunch is officially served. Also we will be putting customers' initials on receipts so the server can know whose receipt it is.

We have begun to tally the number of meals served each day as part of the lunch accounting procedure. It was talked about at HEAL meeting that we hope to add number of meals sold to the lunch tally sheet.

Due to the new coffee policy, (see page 2) we will be adding coffee and sugar packets into snack shop cash register and move the coffee pot into the snack shop area starting Monday, 7/1.

We printed out a fridge and food safety picture as well as posted the number of days certain foods last before we need to throw them out. This is helping us remain mindful of safe food prep and storing practices.

We are implementing the use of date dots (located in gloves drawer) and have acquired and are using "clubhouse-only" food storage containers. These will allow for safer food storage.

## Mental Health Awareness is para el Ascended?

By Caleb R.

Mental health isn't just what you see on the chart.  
Mental health is god performing his best art. So you go on Picasso.  
What you need is a safe haven to get in the Van and Gogh.  
What you need is someone to breath life into you my dude.  
A community of positive life conquerors.  
And this is a number that goes up not lesser.  
'Cause we are the apples furthest from the fold.  
Fallin' into the river to people who wonder how'd you get here and hold.  
God simply having you travel down a different road.  
One only select by the few before.  
Like bingo think about it.  
Whose to say this ain't the path of the greats and prophets.  
Those who God choose from the very start of it.  
For what on this side seems like a disease.  
But on the other if you make it through he will be highly pleased.  
And I say IF cause this is a jagged road!  
WE must truly endure cause it's hell of a potential.  
Fall down seven and get up eight.

## Celebrating Employment & Education

These are our members that got jobs. The Clubhouse family congratulates you.

Steadmon S., Caleb R., Lolo J. Harold J., and Lashina M. Amanda A. congratulations on her getting full time.

We are having a dinner in your honor. If you have a new job or are pursuing education, the dinner is July 18th, 5:00- 7:00pm. If you are employed or in school we invite you to come to this dinner. We will be having these dinners on the third Thursday of every month. We look forward to celebrating your achievements.

Name:	School/Program:	Graduation Date:
Hans William	Vincennes Univ.	2022
Lance W.	Bell State - Animation	2022
Jason R.	Learner's Permit	PASSED!!
Timothy O.	Learner's Permit	TBD
ERIK R	Learner's Permit	PASSED!!
Ishmill Wood	IUPUI	Passed
Tanya E. Wood	Chef passed!	Graduated!
Kirk Serrett	Masters (Information Systems)	TBD!!
Hagosa Teklay	St. Monica Reading/Writing, English	TBD!!
George Fish	U - Bloomington	May 1977 - BA, Eco
George Fish	WPI! Cul. Ed. Paralegal	May 1992 - Cul. Ed. Paralegal
Sabrina L. Miller	Vincennes U / IUPUI	May 1993 / Vincennes U
Taryn Rice	Diploma	May 2019
Lashina Nadlock	Ivy Tech BA	May 2021